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RENE RUSSO IS A CREATURE OF THE NIGHT

ACTRESS DISCUSSES HER PRIVATE "NIGHTCRAWLER" TENDENCIES. PAGE 21

MARATHON.

RUNNERS BRAVE FRIGID WEATHER FOR BIG RACE PAGE 04

More than 50,000 runners took part in the NYC Marathon on Sunday. / GETTY IMAGES

Artists rule at YouTube NYC studios

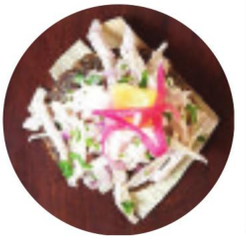
Community. This week, YouTube launches its 20,000-square-foot creator's space with studios and high-end production equipment in the West Village available to New York City artists who have more than 5,000 subscribers to their channels. PAGE 02

You're going to love our new website

PAGE 14

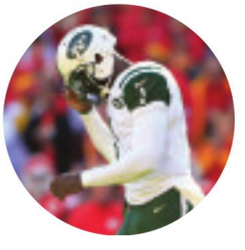
Wake your tongue up from siesta

PAGE 24



Jets losing streak up to eight

PAGE 31



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1 NEWS

Top 3

What's trending online at Metro.us

1 'Chris Rock jokes about Boston Marathon bombing, 9/11 in 'SNL' monologue'

2 '10 facts you'll really wish weren't true'

3 'PHOTOS: Walt 'Clyde' Frazier style file'

Today's tweet

"Running the NYC marathon is not nearly as impressive as watching the entirety of the Simpsons marathon."
@TheMikeLawrence

YouTube launches NYC playground for creators

West Village. The studio is open to YouTube partners with more than 5,000 followers.

Creative New Yorkers who have built an online following using nothing more than a laptop will soon have the chance to up their game with a new facility that is free to use.

Later this week is the opening of YouTube Space New York, a state-of-the-art production facility that joins similar spaces in Los Angeles and Tokyo.

Launching on Thursday, the 20,000-square-foot space is filled with permanent and temporary sets, loaner equipment and three sound stages.

"New York City is no stranger to the large media company who probably has higher budgets. We also know there are a lot of people who are in their bedrooms shooting, and so it's important for us to be able to work with creators large and small," said Adam Relis, Head of YouTube Space New York.

The workspace is free for artists to use as long as they have at least 5,000 subscribers and are members of the network's Partner Program.

Metro talked with three creators who live in NYC.

DAN BUYANOVSKY
@metronewyork
letters@metro.us

Alba Garcia Ramos

Long before the recent beauty vlogger craze, New York native Alba Ramos established herself as a DIY force on YouTube at @Sunkissalba, providing beauty tips to girls with natural hair and darker skin, filling a niche that's helped her grow her channel to over 450,000 subscribers since 2010.

Despite starting out with no technical experience, Ramos says her hobby took on a life of its own once her viewership grew. "Experience was basically my best coach and I just got better and better at it," she said of her creative evolution.

With YouTube's studios a train ride away, Ramos looks forward to providing better content to her fans.

Paul Gale

Comedian Paul Gale has amassed a big following (65,000 subscribers) since 2012 at his channel @PaulGaleComedy.

After spending years watching videos and studying the YouTube platform to determine the best ways to engage viewers, Gale had his breakout moment in late January, when he released a parody of Spike Jonze's "Her," replacing Scarlett Johansson's voice with Seth Rogen's.

Since then, he's seen continued success thanks to his takes on modern issues like why Starbucks spells your name wrong.

"I think in the next couple years, people will sprout up because this exists," Gale said of YouTube Space New York.

The studios and new space will be open to YouTube creators who want a higher production value for their videos. / MILES DIXON, METRO

Beth Hoyt

Off-beat comedian Beth Hoyt is quick to admit she didn't know much about the Internet when she made her YouTube debut. "And then one day it just clicked: You have to find your voice," said Hoyt, who found hers by doing "weird things," like filming mango-cutting instructional videos.

With @BethInShow viewership at 23,000 subscribers, Hoyt looks forward to expanding her fan base with the new YouTube Space.

Manhattan

Ebola doctor now in stable condition

Craig Spencer / FACEBOOK

Dr. Craig Spencer, the New York City doctor being treated for Ebola after returning from treating patients in Guinea, is now in stable condition.

New York City's Health and Hospitals Corporation said Saturday that Spencer's condition has improved from "serious but stable" to "stable."

Spencer, 33, has been hospitalized since Oct. 23. He remains in isolation at Bellevue Hospital.

The city health department said Saturday that an individual who had been quarantined due to contact with Spencer will "now be subject to direct active monitoring." A health official determined "the individual poses no public health threat," but will continue to be checked twice daily. METRO

Brooklyn. Man shot after taking cop's gun

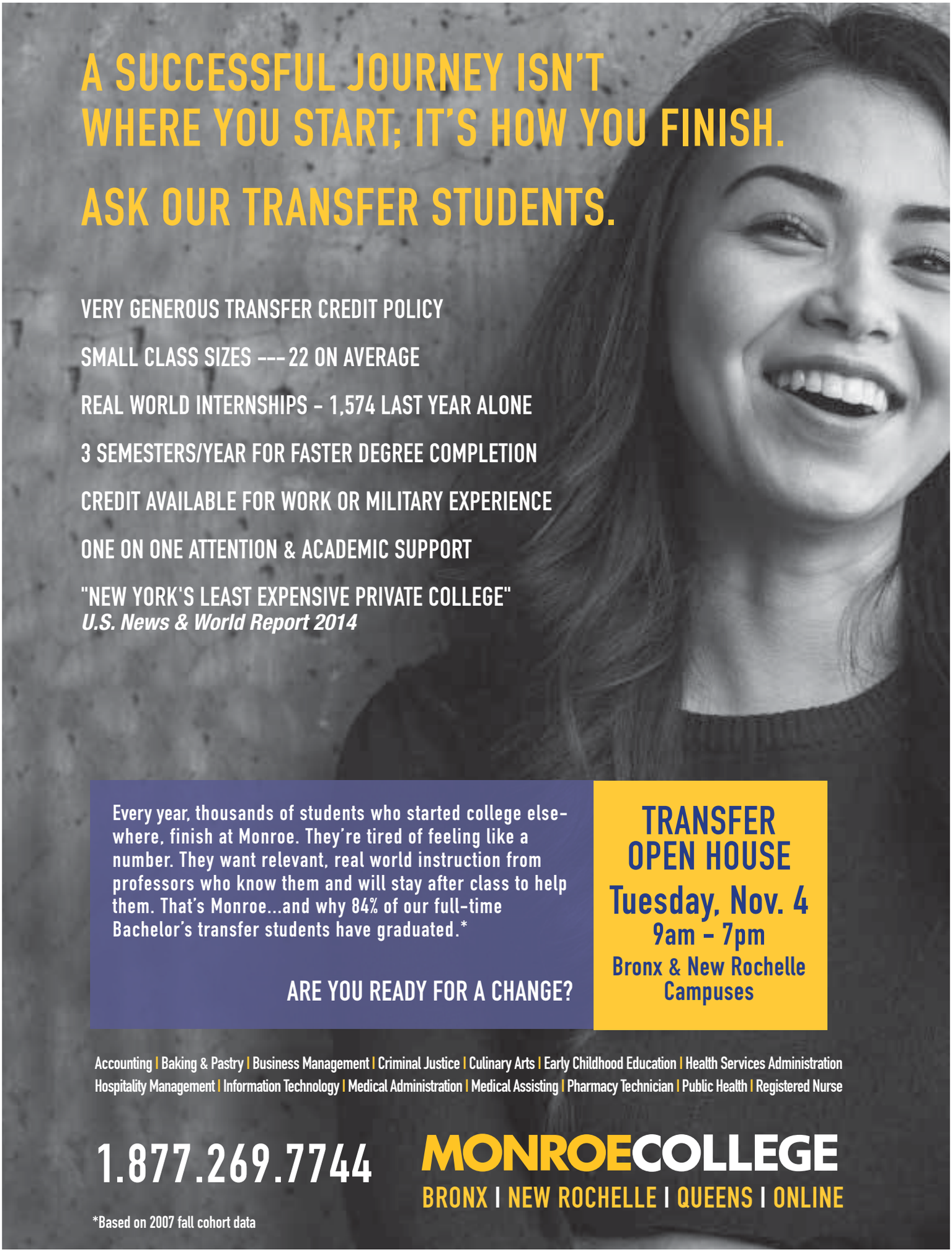
A man was in critical but stable condition Sunday after entering an unmarked police car and taking a sergeant's gun.

The NYPD said the man, 25, entered the unmarked car at 12:45 a.m. Sunday, which was stopped at a traffic light at Nostrand Avenue.

The man and a sergeant struggled, according to police. The suspect, who has not yet been identified by police, was able to get the gun from the sergeant.

Three uniformed officers on patrol "exchanged gunfire" with the man.

The suspect was hit in the torso and leg. The police said the investigation continues. METRO



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New York City

Thirty-one Catholic churches to close in area

The Archdiocese of New York announced Sunday that 31 churches across the city and nearby counties will not be holding regular services after August 2015.

Additionally, 48 parishes will merge with nearby parishes, creating 24 new parishes that will celebrate mass at both churches.

"This time of transition in the history of the archdiocese will undoubtedly be difficult for people who live in parishes that will merge," said Cardinal Timothy Dolan.

Nine of the churches that will stop holding worship services are in Manhattan. In both the Bronx and Westchester, six churches will close, and four on Staten Island. An additional six churches in nearby counties will close.

There are currently 368 parishes in the New York City area. METRO

Albany

New law targets texting young drivers

Gov. Andrew Cuomo announced on Saturday a strict law aimed at curbing young drivers from texting behind the wheel.

Drivers under 21 who are convicted of texting while driving will receive 120-day license suspensions for their first offense, and will have their licenses revoked if convicted of a second offense within six months of the suspension.

"Driving habits are developed early, and we are sending a message that texting while driving is unsafe, unacceptable and downright dangerous," Cuomo said. METRO

Visit **Metro.us** to read more about the winners of the NYC Marathon.

Runners face windy, chilly November morning to run the NYC Marathon

Two Kenyans won the 44th annual New York City Marathon on Sunday. Wilson Kipsang won the men's title, running the 26.2 mile race in 2 hours, 10 minutes and 55 seconds. Mary Keitany won the women's title, running the race in 2 hours, 25 minutes and 7 seconds. Over 50,000 runners took part in the event, running through all five boroughs. It is the largest marathon in the world. /GETTY IMAGES

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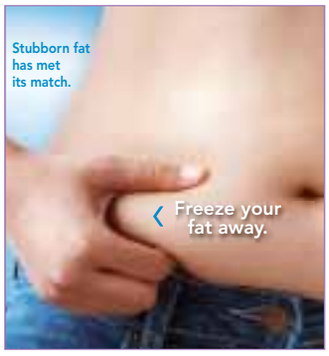

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East Village

Man stabbed for filming fight

A 41-year-old man was stabbed on Saturday morning after filming an altercation at an East Village apartment building.

According to the NYPD, as two unidentified men engaged in a physical confrontation, the 41-year-old bystander and eventual victim started filming them, prompting one of the men to attack him with a knife and stab him in the torso, before fleeing.

The victim was treated and released at Bellevue Hospital, and the NYPD remains on the hunt for the suspect in the stabbing. METRO

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Gene analysis

Ebola-carrying bats may be heroes as well as villains

Bats are living up to their frightening reputation in the world's worst Ebola outbreak as prime suspects for spreading the deadly virus to humans, but scientists believe they may also shed valuable light on fighting infection.

Bats can carry more than 100 different viruses, including Ebola, rabies and severe acute respiratory syndrome (SARS), without becoming sick themselves.

While that makes them a fearsome reservoir of disease, especially in the forests of Africa where they migrate vast distances, it also opens the intriguing possibility that scientists might learn their trick in keeping killers like Ebola at bay.

Clues are starting to emerge following gene analysis, which suggest bats' capacity to evade Ebola could be linked with their other stand-out ability — the power of flight. REUTERS

CLUES TO FIGHTING EBOLA MAY BE FOUND IN BATS. GETTY IMAGES

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Nurse sees quarantines as 'abundance of politics'

Kaci Hickox walks outside of her home to give a statement to the media in Fort Kent, Maine. / GETTY IMAGES

Virus. A judge on Friday rejected Maine's bid to quarantine Hickox, but imposed some restrictions on her.

A U.S. nurse who challenged quarantines of health care workers returning from treating West African Ebola patients said on Sunday she thought "an abundance of politics" lurked behind them.

Kaci Hickox has fought a heated public battle over what she considers draconian measures to isolate her for 21 days after her return from Sierra Leone.

In some U.S. states, officials such as New Jersey Gov. Chris Christie have imposed strict quarantines on health workers returning from three Ebola-ravaged West African countries, but the U.S. federal government opposes such measures.

"When Governor Christie stated that it was an abundance of caution, which is his reasoning for putting health care workers in a sort of quarantine for three weeks, it was really an abundance of politics," Hickox said in an interview with NBC's "Meet the Press."

"And I think all of the scientific and medical and public health community agrees with me on that statement," she said.

Christie has defended his decision to impose a mandatory three-week quarantine, saying that counting on a voluntary system may or may not work and that protecting health and safety is the government's job.

The most deadly outbreak of Ebola on record has killed nearly 5,000 people, all but a handful of them in Liberia, Guinea and Sierra Leone. REUTERS

Quoted

"We know a lot about Ebola. ... We know that it's not transmitted from someone who is asymptomatic, as I am and many other aid workers will be when they return." Hickox

Obama may be forced to make more compromises with his political opponents if Republicans do take control of the Senate. / GETTY IMAGES

Republicans are poised to ride Obama's unpopularity

Partisan gridlock. Obama's last two years in office would be complicated if Republicans take control of the Senate.

Republicans are poised to pick up seats and could win control of the U.S. Senate on Tuesday in midterm elections heavily influenced by deep voter dissatisfaction with President Barack Obama's job performance.

Concern about the strength of the U.S. economy, coupled with worries about Ebola and Islamic State militants, are driving the dour mood of a restive electorate. Democrats could pay the price when voters elect 36 senators, all 435 members of the House of Representatives and 36 state governors.

Obama's name is not on the ballot, but his low job approval rating reflects a lack of confidence in his leadership during the sixth year of his presidency. Polls indicate Democrats have less enthusiasm for voting than Republicans, and history shows the party that is in power in the White House in midterm elections usually loses seats.

In the House of Representatives, Republicans are expected to build on their majority of 233 seats to 199 for Democrats. They also will likely retain their majority in the number of governors' seats they hold in state capitals.

But the heavy campaign action has been in the 100-member Senate, where Republicans need to pick up six seats to reclaim the majority from Democrats and control both chambers of Congress for the first time since the 2006 election. While Republicans are expected to gain seats, as many as eight to 10 Senate races are still considered toss-ups that could go either way. REUTERS

Quoted

"There doesn't seem to be a lot of things for people to feel good about. ... It may not be fair, but they tend to take those kinds of feelings out on the White House, and as a practical matter I think the Senate goes Republican." **David Yepsen,** director of the Paul Simon Public Policy Institute at Southern Illinois University

Salvage presidency

Obama faces pressure to reboot — but will he?

A reshuffling of President Barack Obama's staff looks all but certain after Tuesday's congressional elections, which are likely to bring humbling losses to his Democratic party and could add to pressure on him to reboot his presidency.

Current and former White House aides say that even if those predictions prove correct, Obama will likely resist calls to clean house for the final two years of his administration, a departure from the dramatic makeovers quickly ordered by many of his predecessors after similar setbacks at the ballot box.

Even slow-motion staff turnover could add some new talent to an inner circle that has been criticized as too insular. But it remains to be seen whether new blood would be enough to help a diminished president overcome Washington gridlock and push through new initiatives to burnish his legacy. REUTERS

Quoted

"There will always be a staff change here or there, particularly among people who have served for a long time." **Jay Carney,** Obama's former press secretary

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UN sees irreversible damage to planet from burning fossil fuels

Environment. UN scientists said that yearly output of CO_2 will rise to 59 billion tons by 2020.

A panel of scientists gathered by the United Nations determined a fixed limit for the amount of fossil fuels that can be burned if the world is to hold back climate change. The panel explained, with mathematical precision, what that meant for policymakers.

The report, released on Sunday, suggests that the world can only consume a fraction of the known oil, natural gas and coal reserves if it's to keep temperature increases from causing widespread droughts, more violent storms and melting of polar ice caps.

The concept is known as carbon "budgeting" because it allocates a quantity of greenhouse gas emissions that can be managed. It tells governments how much room they have to maneuver in balancing costly measures to reduce emissions against the consequences of doing nothing.

"At the current rates, the carbon budget will be depleted within just a few decades," Alden Meyer, director of policy at the Union of Concerned Scientists, said in an interview. "We cannot afford to dig up and burn all the fossil fuels that companies have on the books now, much less explore for new ones in places like the Arctic or the tar sands."

The budgets were given a prominence in the report from the U.N.'s Intergovernmental Panel on Climate Change, ensuring that the concept will seep deeper into the vocabulary of government officials. The report, the work of some 2,000 scientists, is the fullest investigation to date into the science of global warming and sets out ways to make changes.

It's meant to guide the ministers from over 190 nations who are working toward signing a deal in Paris at the end of 2015. The pact aims to restrain emissions in all nations, building on the limits set out in the Kyoto Protocol that lapse in 2020. **BLOOMBERG**

Quoted
"We must act quickly and decisively if we want to avoid increasingly disruptive outcomes."
UN Secretary-General Ban Ki-moon told reporters in Copenhagen on Sunday when the report was released.
Fossil fuels
85%
About 85 percent of the world's energy comes from fossil fuels.
Fossil fuel "budgets" are suggested in United Nations report to curb climate change. / GETTY IMAGES

Snap to it

US mulls adding turtles to endangered species list

The U.S. government has proposed adding four types of freshwater turtles to an international endangered species list, in part to better monitor exports of the species, whose meat is considered a delicacy in Asia.

Under the plan the common snapping turtle, Florida softshell turtle, smooth softshell turtle and spiny softshell turtle would be listed under the Convention of International Trade in Endangered Species of Wild Fauna and Flora, a global pact ratified by 180 countries. **REUTERS**

NTSB. Branson vows to find cause of spaceship crash, pilots identified

Billionaire entrepreneur Richard Branson vowed over the weekend to find out what caused his space tourism company's passenger spaceship to crash during a test flight in California, killing one pilot and injuring the other, but expressed a desire to press on with the dream of commercial space flight.

U.S. investigators have indicated the powered test flight of Virgin Galactic's SpaceShipTwo on Friday was well recorded, giving them an abundance of information to help determine what caused it to crash and spread debris over a 5-mile swath of the Mojave Desert, 95 miles north of Los Angeles.

Branson arrived in the Mojave Desert to meet his Virgin Galactic team and federal officials who were opening their investigation into the accident, the second in less than a week involving a commercial space company.

"We owe it to our pilots to find out exactly what went wrong," Branson said during a news conference in Mojave.

"If we can overcome it, we will make absolutely certain that the dream lives on," he said.

Michael Alsbury, 39, has been identified as the co-pilot who died in the crash of Virgin Galactic SpaceShipTwo, and the surviving pilot is Peter Siebold, 43, who parachuted from the SpaceShipTwo. **REUTERS**

An National Transportation Safety Board team surveys a tail section from the crashed SpaceShipTwo near Cantil, California. / GETTY IMAGES

Quoted

"We owe it to our pilots to find out exactly what went wrong." Branson

Painful Varicose Veins and Swollen Legs?

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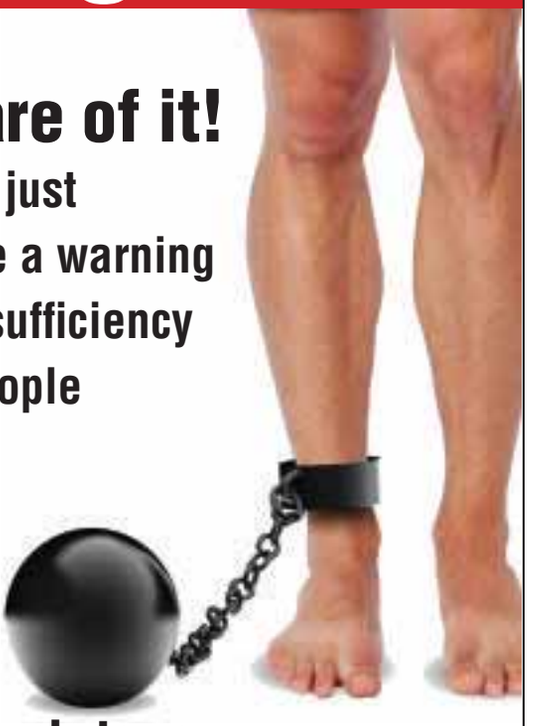
Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.



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- ☐ Skin Discoloration
- ☐ Ulcers and Blood Clots
- ☐ Problem Walking Long Distances

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Birthplace debate. US foreign policy concerns loom large in the Jerusalem passport case

The United States is facing an unconventional challenge as it seeks to project credibility as a neutral peacemaker between the Israelis and Palestinians: a case before the Supreme Court involving a 12-year-old boy.

Today, the nine justices will consider whether the administration of President Barack Obama must follow a law enacted by Congress that allows U.S. citizens born in Jerusalem to have Israel listed as their birthplace on passports.

What appears to be a dry legal question is a foreign policy minefield for the U.S. government, which has refused to enforce the law ever since it was enacted in 2002. The concern for the United States is that the law could be interpreted as an endorsement of Israel's hotly disputed sovereignty claim over Jerusalem, a holy city for Judaism, Islam and Christianity.

Quoted

"The last thing you want is the United States to come in from left field and undermine the credibility of the process."

Daniel Kurtzer, who served as U.S. ambassador to Israel from 2001 to 2005 and now teaches at Princeton University

The case was instigated by the parents of Jerusalem-born U.S. citizen Menachem Zivotofsky because they want his passport to state that he was born in Israel. Ari and Naomi Zivotofsky sued on behalf of their then-baby son in 2003.

The legal fight has bounced around the U.S. court system for a decade, an odyssey that included a previous trip to the Supreme Court that led to a ruling in 2012 on a more technical procedural issue.

The legal question is whether the law is unconstitutional because it infringes on the president's exclusive right on whether to recognize a foreign nation and under what terms.

The most recent U.S.-brokered peace talks with Israelis and Palestinians broke down in April. Tensions are even higher than usual in Jerusalem after Israel on Thursday briefly closed access to a Muslim holy site, the Al Aqsa mosque, following the wounding of a far-right Jewish religious activist.

Negotiations over the status of Jerusalem have long been seen as key to any potential peace settlement. The United States has been neutral on the question ever since Israel was founded in 1948. **REUTERS**

Palestinian security forces stand on guard, having been called into Bethlehem, West Bank, on Friday to try and quell Palestinian youth from protesting. / GETTY IMAGES

Independence

Scotland to be independent 'within 20 years'

Scotland will break away from the United Kingdom within 20 years, the defeated leader of the Scots nationalists predicted on Sunday, after a poll showed a majority of voters would back independence if another referendum were held today.

In September, 55 percent of Scots voted to reject independence in a historic referendum after Britain's three main U.K.-wide parties promised to grant greater devolution to Scotland in the event of a "no" vote.

In a poll on Saturday, 52 percent of those asked said they would vote to breakaway. **REUTERS**

ALEX SALMOND, THE SCOTTISH NATIONALIST PARTY'S LEADER. /GETTY IMAGES

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Connecticut

'Plastic' Halloween skulls found are human remains

A pair of Connecticut junk haulers was stunned to learn on Friday that two skulls picked up at the cluttered home of a deceased man on the day before Halloween were human remains, not made of plastic as they had thought.

The skulls were among thousands of occult-related items that a junk removal company cleared out of the Fairfield home where Robert L. DeVitto lived until his death two weeks ago. **REUTERS**

Metro transforms its website, introduces app

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Today, Metro announces its newest incarnation of Metro.us — which, along with the accurate, timely and informed reporting it has always provided, will now offer a more robust and engaging digital experience.

Among the newest offerings is an expanded roster of trending videos, images and stories that will debut online and are sure to foster discussion.

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"We want you to have access to the best things on the Web, we want you to catch the newest viral videos and we want you to get all of your accurate and timely news," said Chief Digital Officer Lotta Karlsson. "We want you to come to us for all of that and more — and now you can."

Complete with a redesigned look that offers more content for your click, Metro.us will give you everything you need throughout your day, including hot topics, the most popular stories and more categories to find exactly what you're looking for.

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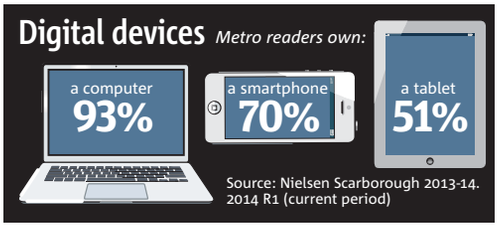
"Metro.us is a natural extension of something that we call the 'Metro Moment' — 15 minutes that our readers have to digest the news on their commutes," said Editor-in-Chief Aleksander Korab. "Metro.us lets us extend those 15 minutes to 15 hours or more and ensures that our content is tailored to our readers." **METRO**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A screen grab shows some of the developments on Metro.us. / METRO

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Technology. Drones have some advocates on college campuses

When the average person thinks of a drone, the military uses of the unpiloted aircrafts are probably what come to mind. But some college professors say drones can be used in unique ways in class to further learning on campus and beyond.

At Ohio Wesleyan University, Chief Information Officer Brian Rellinger says he's been using drones with students to do things like photograph sports games and study wildlife and agriculture. In an interview with Vala Afshar for the Huffington Post's Impact blog, Rellinger stressed that drones could bring researchers access to places previously inadmissible to them, which would allow "gathering data from sacred forests in Ethiopia, mapping lava flows in Ecuador and surveying the forest canopy in Costa Rica."

But all of this technology comes with a price. The types of drones that would be used for educational purposes run from $500 to $3,000. LAKSHMI GANDHI

The catch

Of course, not everyone is thrilled with the idea of putting drones in the hands of college students. Some of the ethical questions Rellinger and others often hear include concerns about privacy and the drones being used for spying or unwanted photography.

Visitors attend the fair on unmanned aerial vehicles in the Netherlands last year. / AFP

Colleges tighten travel bans due to Ebola crisis

Studying abroad. Students are prohibited from heading to the stricken region.

As West Africa continues to fight the spread of Ebola, colleges and universities are tightening restrictions on where students and professors can study abroad and do research.

The International Business Times reports that universities across the country are prohibiting students from heading to Guinea, Sierra Leone and Liberia — the three countries hit hardest by the epidemic. The Centers for Disease Control (CDC) currently advises all Americans to avoid nonessential travel to the region while also noting that "education-related travel to these counties should be postponed until further notice."

Columbia University announced its travel banin mid-October, citing the CDC advisory. "Accordingly, all Columbia students, faculty and staff must avoid travel to Sierra Leone, Guinea and Liberia," the university said in a statement. "Students will not receive credit or funding for activities involving travel in these countries, and student groups are not permitted to visit any of them."

Columbia is also among the universities that have said that they will make exceptions for faculty members going to West Africa for humanitarian reasons.

The University of Pennsylvania and Georgetown have also issued student travel restrictions.

Health workers from the Liberian Red Cross wear protective gear as they work in a clinic. / AFP

One professor's story

Fighting the epidemic

One medical school professor who is traveling to Liberia to help stop Ebola is Trish Henwood, an assistant professor of emergency medicine at the Hospital of the University of Pennsylvania.

Henwood is getting ready to work with the International Medical Corps in Bong County, Liberia.

"I realize risks are associated with it, but they are calculated risks, and I feel like I have the right training and background," she explained to the Philadelphia Inquirer.

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This university earns an A+ for sexual health

Campus life.
Where does your school rank when it comes to sexual education?

Oregon State earns kudos for its open approach to sex. / DIGITAL VISION

Prospective college students are used to looking at rankings, whether it's a list assessing a school's professors, food or the career prospects of its graduates.

But how do colleges fare when ranked on things like the availability of accurate information about sex? Trojan Condoms and Sperling's Best Places have just released the ninth annual Trojan Sexual Report Card, which evaluates schools on the sexual health resources available to undergrads.

Oregon State University took the top spot, just ahead of the University of Texas at Austin and the University of Maryland at College Park.

"With high scores in condom availability, student health center hours of operation and the usability and quality of their sexual health website, [Oregon State] is a model for schools nationwide," said Bert Sperling, president of Sperling's Best Places, in a statement.

Among the resources on Oregon State's Student Health website is a page devoted to sexual communication, where students can learn about the best ways to discuss issues like consent, safer sex and birth control. The school also has a Sexual Health Advisory Group that focuses on "[ensuring] comprehensive and inclusive content" for students.

The campus newspaper also features a "Dr. Sex" column by professor Kathy Greaves, where the human development and family sciences expert answers anonymous questions about sexuality.

Coming in last on the list was Utah's Brigham Young University. The Salt Lake City school — which was founded through The Church of Jesus Christ of Latter-day Saints — requires students to sign an honor code that forbids unmarried students from having sex.

Top 5

1. Oregon State University
2. The University of Texas At Austin
3. University of Maryland, College Park
4. University of Arizona
5. Stanford University

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2 CULTURE

Twitter feed

Jason Alexander has an odd understanding of Daylight Saving, Ellen Barkin is picking a political fight, Niall Horan begs to differ and Ricky Gervais has a theory.

@IJasonAlexander: I'm going back to 1993 so I can be 33 for the winter.

@EllenBarkin: News flash: a fetus cannot talk. It is not a person. Not even a baby, not even an infant. Nope. Sorry.

@NiallOfficial: Someone said to me today, "you weren't very well dressed up for halloween." I totally disagree. We were the 6 best dressed in my eyes

@rickygervais: There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.

1 Lena Dunham to people taking her out of context: 'Back the f— up, bros'

Lena Dunham is no stranger to having her words picked apart, but the "Girls" star has limits to how often she can turn the other cheek. This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her book, "Not That Kind of Girl." In the book, Dunham details an embarrassing moment of childhood curiosity when she was 7 and her sister, Grace, was 1. "The right-wing news story that I molested my little sister isn't just LOL — it's really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed. "Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. … I told a story about being a weird 7-year-old. I bet you have some too. ... And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."

Lena Dunham, right, and her sister Grace are pictured here in 2010, approximately 17 years after the incident occurred that "right-wing news" outlets are making such a big deal of. / ALL PHOTOS GETTY IMAGES

2 Amanda Bynes clears the air about Zac Efron

Amanda Bynes is doing her thing again. The star, recently freed from her parents' conservatorship, has been speaking her mind on Twitter, taking on a number of topics. "It is not illegal to talk about my personal business," she begins, kicking off a multi-tweet tirade. "People need to hear the truth about who I really am — I need to show the judge that not only do I not need any help making decisions about my future, I was planning on transferring to NYU and I was never homeless, I was living in the nicest hotels until I found the right [apartment] in NY." She's also now going to school at USC, apparently. Then she wrote: "By the way I just want to tweet that Zac Efron is not ugly." So this is basically like that time that Kanye took to Twitter to offer a belated in-depth public apology to Taylor Swift for crashing the stage at the VMAs, except way less important.

3 Chris Martin and JLaw back together?

CHRIS MARTIN SEEMS PRETTY HAPPY IN THIS PHOTOGRAPH TAKEN LAST WEEK.

Apparently Chris Martin and Jennifer Lawrence aren't so split up — or, possibly, she just forgot a toothbrush at his place and needed to grab it — as she was photographed visiting Martin's home last week.

4 Melanie Griffith not seeing 'Fifty Shades'

I don't often say this, but I'm with Melanie Griffith. The "Working Girl" star says she has no plans to watch the "Fifty Shades of Grey" movie due out in February. Of course, her not seeing it has more to do with her daughter, Dakota Johnson, getting all sexy and bondage-y in the film adaptation, whereas I just think the whole enterprise is terrible, but still. We agree. "It would just be too awkward," she tells Extra. "She, I think, would be mortified."

THE WORD

Ned Ehrbar takes on the world of gossip.

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Daily video

'Swiftamine'

So what did you miss on "Saturday Night Live" this weekend? Aside from an epic nine-minute Prince jam and some awkward Boston Marathon and Freedom Tower jokes by Chris Rock, not a lot — but then there's this ad for a medication called Swiftamine: "Over the past month, realizing you like Taylor Swift has become the leading cause of vertigo in adults," says Beck Bennett's character, Dr. David Doctor. As the faux-ad goes on to explain, Taylor Swift-induced vertigo occurs when a Swift track causes your brain to get in a fight with your ears.

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Q&A
RENE RUSSO STAYS UP LATE

The "Nightcrawler" star talks being a night owl and starring in a dark and refreshingly smart movie.

"I'M IN LOVE WITH THE MOON, WHAT CAN I SAY? I'M A MOON GIRL," SAYS RENE RUSSO ON BEING A NIGHT OWL. GETTY IMAGES

Rene Russo stars as a tough but desperate news director in "Nightcrawler," written and directed by her husband, Dan Gilroy. With her station failing, she turns to a freelance videographer (Jake Gyllenhaal) for some sensational footage.

At what point did Dan first tell you about this idea?
A long time ago. He came home one day and told me about "nightcrawlers" — or "stringers," they're sometimes called — and I had no idea, but they come out after dark and they have the night shift where they go around and they photograph during the witching hour. I'm a night person, and I'll be out at 2 a.m. So now I'm looking around me going, "Whoa, is that a nightcrawler?"

Jake Gyllenhaal confers with news head Rene Russo in "Nightcrawler," out now. / CHUCK ZLOTNICK, OPEN ROAD FILMS

You have a habit of going out late at night?
I have a friend and we're both night owls. Usually I'm at home and I just watch documentaries or I answer emails. Night time for me is really magical. I love the night. I'll just go out into my backyard and look at the moon at night. I've seen some beautiful moon-sets. I'm in love with the moon, what can I say? I'm a moon girl.

It's always nice to have a movie that lets you make up your own mind about what you're watching.
Exactly! And what's really interesting about this movie is depending on sometimes gender — and I don't mean all the time — or age, you'll look at this movie differently. Young people, I don't know if they are even looking at it in the same way because I don't think they've hit that desperation in terms of their jobs, you know? Young people that maybe haven't lived enough to cross as many moral boundaries are like, "Wow, that's f—ed up." I'm like, "OK, let me check back in with you in 40 years." [Laughs] "You need to get back in the oven and cook a little bit."

Snip-snap

The paparazzi

The work that these characters do is reminiscent of TMZ and the amateur paparazzi industry.
Look, here's the deal: I am not Angelina Jolie. I can pretty much go out of my house [and not get noticed]. Has TMZ come up to me? Yes. I deal with things with humor. But I am not Lindsay Lohan. And I think if that were my life it would be really, really hard for me. I'm a very private person. There are some restaurants I don't really go to because I know TMZ is going to be there and I don't want to wash my hair. These restaurants will actually call TMZ up and tell them who is there. And it's not like everyone's going to jump, "It's Rene!" But some will show up.

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Michael Chernow ('08 grad) recently opened his 6th Meatball Shop in NYC

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INTERNATIONAL CULINARY CENTER

Margaret Brown: Not just another activist director

Interview. The documentarian says her Gulf oil spill movie "The Great Invisible" isn't just about a message.

"The Great Invisible" should be another activist documentary. It was produced by Participant Media, who made "An Inconvenient Truth," "Food Inc." and more. Its subject: the aftermath of the Gulf oil spill. It is about activism, but director Margaret Brown doesn't have a ready-made solution. It's as much out to raise awareness as it is to hang out with the locals. In fact, given the four years over which it was shot, sometimes it's more the latter.

This isn't a typical Participant Media movie.
My film is not like what they usually do. I was really shocked when they gave me money. [Laughs]

How did you convince them?
They liked the fact that it wasn't a traditional activist film. It was about complication and gray areas, about understanding this landscape we're all connected to. They were getting all these proposals from people wanting to do films about the oil spill, people who would just go out with the camera right away and film stuff, film people being angry. It's really easy to make a film like that. It's harder to stick around for four years. It takes more staying power. It was harder emotionally to stay engaged for four years.

Were you ever interested in doing a straight-up activist film?
I don't really like movies that say they're activist movies. Usually they're for one side, and the world of oil and the way we're connected to it [is] so gray. I wanted it to be an activist doc, but I wanted people to come to it on their own and not have it crammed down their throat — to understand how we're connected to this factory that's under the Gulf of Mexico that's pulsing all the time with petroleum.

Besides, they're often preaching to the converted.
I mean, who is that going to convince other than people who already agree? I think, 'Why even bother?' Is that a snobby thing to say? I don't know. But why are you wasting your time if you're just preaching to the converted? Maybe my film does the same thing. I wouldn't trust someone who looked at one side of something.

"The Great Invisible," in theaters now, visits the Gulf Coast region in the aftermath of the BP oil spill. / RADIUS_TWC

MATT PRIGGE
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Things stay the same

The media cycle

Has anything changed since you started?
Nothing has changed since Deepwater Horizon happened. There have been no laws to make it safer. It could happen again. BP plans to drill in waters twice the depth of the Deepwater Horizon.

What did we learn from this? Nothing. I guess that's not shocking, but after all the uproar and grandstanding, what really happened? That's the media news cycle. It was this big thing, then it went away. It was interesting to film what was happening when the cameras go away.

DOCUMENTARIAN MARGARET BROWN ("THE ORDER OF MYTHS") HEADED DOWN TO THE SOUTH, WHERE SHE GREW UP, TO LOOK AT HOW IT'S DOING AFTER THE DEEPWATER HORIZON EXPLOSION, WITH "THE GREAT INVISIBLE." MICHAEL SIMMONDS

Audiences welcomed "Nightcrawler"'s sociopathic Jake Gyllenhaal into their hearts this weekend. / CHUCK ZLOTNICK, OPEN ROAD FILMS

Box office. 'Nightcrawler''s Jake Gyllenhaal gets the scoop on a seriously slow weekend

"Nightcrawler," a dark crime thriller starring Jake Gyllenhaal as a freelance cameraman in the high-speed world of siren-chasing journalism, topped sluggish weekend domestic box office charts with $10.9 million in ticket sales.

"Ouija," last weekend's box office leader, was second by a razor-thin margin, selling just $8,760 fewer in tickets in a weekend slowed by candy-gathering Halloween revelers, according to estimates from tracking firm Rentrak.

Brad Pitt's World War II film "Fury" was third with $9.1 million for the three days from Friday through Sunday in the United States and Canada.

The Ben Affleck thriller "Gone Girl," which led the box office for two weekends in October, continued its strong play. The movie, based on Gillian Flynn's best-selling novel of a man accused of killing his wife, was fourth with $8.8 million in sales and has collected $136 million since opening Oct. 3.

In indie releases, "Birdman" expanded from 50 to 231 theaters and saw a $2.5 million gross, for a $10,866 average. Its total now stands at $5 million, with much more to come as it spreads further.

Also continuing to do well were the Edward Snowden doc "Citizenfour," "Dear White People" and "St. Vincent," the latter of which made $7.7 million to rank seventh. REUTERS

Top 5 earners

1. **'Nightcrawler'** $10.9 million
2. **'Ouija'** $10.9 million
3. **'Fury'** $9.1 million
4. **'Gone Girl'** $8.8 million
5. **'The Book of Life'** $8.2 million

SWEDISH TWEEN PUNK MOVIE ‘WE ARE THE BEST!’ REALLY IS

‘We Are the Best!’

Netflix Instant

There are few movie highs out there that can top “We are the Best!” It’s a boisterous Swedish comedy about three tween girls who decide to form a noisy, terrible punk band. Shot with liberally applied camera zooms, it’s both a celebration and a light mockery of youth. Like the bands they’re emulating, our heroes can’t play. Their song subjects go from hating sports (“Hate the sport! Hate the sport!”) to crushing capitalism — not that they have any idea what they’re talking about.

Youth is a tricky thing to capture. Director Lukas Moodysson (long ago of the similarly ace lesbian teen romance “Show Me Love”) is one who gets it just right. “Best!” is a remembrance piece not only about Stockholm 1982 but of a specific age, when we’ve first learned to tear down our childhood self but have yet to succumb to the seriousness of our looming teenage years. It’s a raucous celebration of being young and wonderfully dumb.

STREAM THIS

Matt Prigge’s guide to what you can watch on the Internet.

MATT PRIGGE
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matt.prigge
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Three Swedish girls form a band in “We Are the Best!” on Netflix Instant. / MAGNOLIA PICTURES

On disc

‘Macbeth’

Criterion Collection

Not everything is streaming — not even close — so if you’re still buying discs, get Criterion’s new set for Roman Polanski’s 1971 bleak-o-rama stab at The Scottish Play. Made in the wake of the Manson Family murders, it offers a very unpleasant anti-hero (Jon Finch), copious blood and grungy, naked witches.

Netflix Instant

“DJANGO UNCHAINED”
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‘Django Unchained’

Quentin Tarantino deserves a big screen, partly because he’s one of the few still shooting on film. But his works — and especially his words — are meant to be savored, and his Blaxploitation-Western goof is worth revisiting, in part to smooth out its seams. It’s not perfect like “Inglourious Basterds,” but it is rich.

Netflix Instant

‘Snowpiercer’

The VOD success story of 2014 slips into its new life, streaming as part of subscription packages. Hopefully you got to see this South Korean number on the big screen; it’s an alternate-universe blockbuster that thinks big but also thinks weird. Another round of dystopia, it has Captain America himself (Chris Evans) leading a class revolt on a post-apocalyptic train. But his crazy monologue late in is something that would never fly in Hollywood.

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The truth
What's one misconception about Mexican cuisine?
"That it is unhealthy, greasy, fried and with tons of rice and refried beans," says the author.
MEXICO
THE COOKBOOK
For instructions on how to make Chilacayotes in Red Pipian Sauce, visit www.metro.us. / PROVIDED

Adios, boring burritos

Eat. "Mexico: The Cookbook" is your bible for authentic Mexican cuisine.

Put down the chips, guac and burrito.

In her beautiful new tome, "Mexico: The Cookbook," famed chef, TV host and restaurateur Margarita Carrillo Arronte shows us there's so much more to the country's cuisine than our usual Chipotle order.

The book, a comprehensive collection of 700 recipes from across the country — some from top Mexican chefs — is the product of Carrillo Arronte's love and dedication for authentic Mexican cuisine.

"Mexican food is very dear to, me because it is the food I grew up with," she explains. "My mother cooked with joy. It was her way of expressing her love for us. It's a food with tradition, with meaning."

To keep the heritage behind these recipes alive, the author spent 30 years traveling the country and learning various dishes from each region — like Chile Beef Tacos from Zacatecas and Drunken Coconut and Pineapple Cake from Mexico City.

With all her knowledge of Mexican dishes, what does Carrillo Arronte think busy city-dwellers with limited kitchen space should include in their cooking repertoire?

"A Pipian recipe," she says. "It's simple, delicious and nourishing." And it's perfect for picky eaters, Carrillo Arronte adds: "You can use any protein or eat it as a vegetarian meal."

TINA CHADHA
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Recipe. Chilacayotes in Red Pipian Sauce

Ingredients

- 4 round zucchini (courgettes)

For the red pipian sauce:

- 3 pasilla chiles, seeded, dry-roasted
- 1 cup pumpkin seeds, hulled and lightly toasted
- ½ cup sesame seeds, lightly toasted
- 1 tortilla, toasted
- 2 tomatoes, dry-roasted
- ½ onion, dry-roasted
- 2 cloves garlic, dry-roasted
- 2 cups chicken or vegetable stock
- 1 cinnamon stick
- 1 tablespoon lard or oil
- Salt (to taste)
- Pepper (to taste)
- 2 tablespoons sesame seeds, lightly toasted, to garnish

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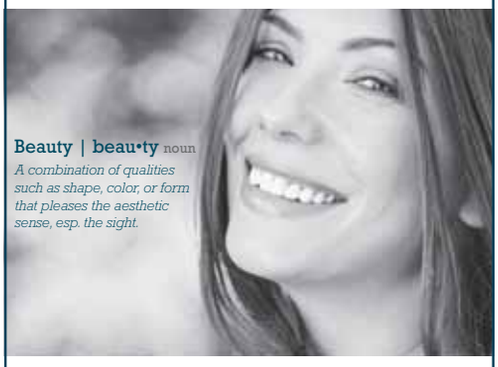
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A new angle for streaming music

Technology. Prizm is the new speaker system that learns to play the music you love.

Prizm is a gadget that is music to the ears of, well, music fans. Designed by a French startup of the same name, Prizm is a "smart" pyramid speaker system which caters to individual tastes and pipes out tunes to fit the occasion, all without the need for a playlist. The device streams music directly from cloud storage to your speakers and it can even start playing as soon as it detects someone's in the room. Prizm, which has now achieved its $70,000 goal on crowdsourcing platform Kickstarter, is expected to hit stores in June of 2015. Co-founder Pierre Gochgarian explains why the gizmo will hit all the right notes.

There are so many music services in the market. What makes Prizm different, and how did you come up with it?
All the team members have used Spotify, Deezer or other music services for years. We loved listening to music at work, or when playing sports, but we could not find an easy way to do it at home. I mean, when you come back home after work, you are often busy — cooking or working — and you don't want to spend time setting up or figuring out what to listen to. You just want great music, right now. And that is what Prizm is about.

The big claim is that it will play exactly what I want. How does that work?
Prizm uses sound level sensors to detect the noise level in the room. It uses Wi-Fi and Bluetooth signals from your phone and wearables to detect and identify who is in the space. Given a certain context and collected data from what music you like and usually listen to, Prizm predicts what you'll want to hear next. Prizm actually learns from your tastes and habits and gets smarter over time.

But can it really "feel" the current atmosphere?
Given who is in the room, the current ambient noise, the time of the day and the day of the week, Prizm can infer what type of activity is present: preparing to leave for work in the morning, having friends for a drink or simply relaxing alone. For instance, when Prizm detects several unknown people on a Friday night at 11 p.m., hears loud chatter and laughter, it will assume you are partying with friends. Furthermore, the detected context is not hidden from the user.

Can I change it if I'm not happy with the choices?
You can track it with the Prizm app. The app can be used as a remote control to play a particular song or playlist, but also to check the context detected by Prizm (people in the room, mood, music genre chosen by Prizm) and, if necessary, adjust it.

WANISE MARTINEZ
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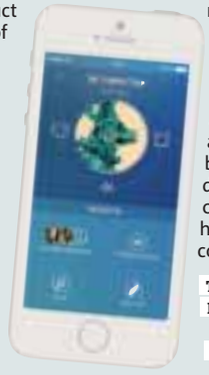
Context-aware

The future of music?

Prizm co-founder Pierre Gochgarian claims that his product is the future of music.

"It's personalized, frictionless and context-aware," he says. "It's as simple to use as your old radio, because you just have to press a button to play music. But since it relies on music streaming platforms, and embeds some clever algorithms, it generates a customized and relevant music feed just for the moment. There aren't many context-aware devices available yet, but they will definitely make our lives at home more comfortable."



THIS IS WHAT THE PRIZM APP LOOKS LIKE ON YOUR PHONE. / PROVIDED

Quoted

"You come back home after work, you are often busy — cooking or working — and you don't want to spend time setting up or figuring out what to listen to. You just want great music, right now. And that is what Prizm is about." Pierre Gochgarian

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10 WAYS TO HELP – AND KEEP YOUR OWN SANITY

After my last column, "Invisible battle: Mental illness remains undertreated," I received several emails from distressed readers inquiring about how to help a loved one experiencing severe and overwhelming mental and emotional challenges. Friends and family often feel a combination of worry, frustration, guilt, confusion and powerlessness. While each situation and diagnosis has its own particular challenges, here are 10 basic guidelines to help your loved one — and maintain your own sanity.

Withdrawing will only make things worse. / CREATAS RF

1 Encourage the person to seek treatment. Studies show that one of the greatest barriers to treatment is not access to affordable care, but people's misguided belief that they can handle it on their own. Not only is this unlikely, but delaying care usually prolongs and worsens symptoms.

2 Get educated. Try to learn as much as you can about their condition to understand its symptoms and what you might expect. The National Alliance of the Mentally Ill is one of many organizations that offer educational resources for family and friends.

3 Don't play doctor. Tempting as it may be, once you've become educated, don't try to be your loved one's therapist, even if they refuse to get help. Understanding the illness doesn't make you qualified to treat it.

4 Try to imagine the person suffering as healed and whole. Mentally ill people can be highly sensitive to body language and concerned about the way others perceive them. Their biggest fear is that they are somehow broken. If you treat them this way, it will reinforce this false belief.

No. 10

Don't withdraw

Continue to offer love and support, including invitations to activities. Sometimes a simple gesture can provide invaluable reassurance that you still love them and keep them engaged with the world outside themselves.

5 Create a support team. Try to "recruit" others who can check in regularly with the distressed person. This will create a more complete picture of their health status and provide you with much-needed support.

6 Watch for sudden changes in behavior. Learn the warning signs of deterioration at www.save.org, and the steps to take in response.

7 Take care of yourself. Make sure that, in your concern for your loved one, you don't neglect yourself. Keep up with healthy habits and activities that make you feel good, including therapy if necessary.

8 Kids need help, too. Children often feel responsible for their parents' suffering, and experience emotional neglect. Professional support can help them understand what's happening while offering a safe space to share their experiences.

9 Accept your limitations. For a person to heal, they have to want to get better. You can be very supportive, and a mentally ill individual can still make heartbreaking choices.

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KIM SCHNEIDERMAN, MSW, LCSW

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Kim Schneiderman's book, "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due this spring. Email her your questions at askkim@metro.us.

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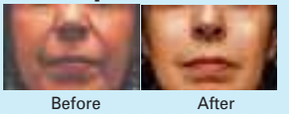

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So you want to run a marathon

2015. Ready to move from the sidelines and be the one getting cheered on?

If 50,000 other people can run the New York City Marathon, why shouldn't you? / GETTY IMAGES

Pumped up from watching Sunday's NYC Marathon and thinking you can conquer the course next year? The can-do attitude is a good start, but you're going to need some guidance — not to mention encouragement.

We asked Josh "Speedy" Maio, head coach of the running program at Paragon Sports, to begin the countdown to kickstart your training for the big event in 2015.

EVA KIS
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2 Reasons to run with a group

1 Distraction: "Having people to talk to and distract your brain from what your body has to do can make those miles just melt away without feeling half as grueling."

2 Focus: "We all have speed, tempo and hill workouts to do during our training cycles, and these are all things we lament having to do. Nobody likes doing them, but having a group to battle through them with makes them much more bearable and, dare I say it, pleasant."

3 Accountability: "The group keeps you honest. You become 'accountabilibuddies' that motivate, support and push you toward your ultimate goal."

2 Ways a specialty store can help

1 Expertise: "Our running specialists are involved in the NYC running community; they can offer advice and recommendations from personal experience."

2 The right fit: "Most running footwear is separated into two categories: neutral and stability. Our running specialists are trained to help runners determine their gait before they choose the type of running shoes that fits best."

1 Reason why NYC is a great place to train

1 Variety: "NYC has so many places to run and pretty much every type of terrain you can think of: road, dirt, flat, hilly, track. You have both the road and bridle path in Central Park, the East River Track, Riverside Park, the West Side Highway Greenway, East River path out to Ward and Randall's Islands, the [George Washington] Bridge to Palisades Park, over the Brooklyn Bridge to Prospect Park. What more could you ask for?"

Get started

Getting ready to run a marathon depends on your fitness level. Hal Higdon, the author of "Marathon – The Ultimate Training Guide," outlines an 18-week program for runners who can already manage 6 miles and a 30-week course for novices. Expect to run four times a week, with one long session that gradually grows. (Take a rest day afterward.) The American Council on Exercise recommends adding no more than 10 percent to your distance weekly.

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It's possible to be happier at work

Work-life balance. Take these simple steps to make your day easier.

If you're like most Americans, you spend most of your waking hours at your workplace — which means that you should try your hardest to make those hours happy ones.

Gretchen Rubin became a best-selling author five years ago with her book, "The Happiness Project," in which she experimented with different tactics to create a happy life.

"A lot of times with happiness there is a lot of attention paid to big, transformative events like, 'I'm going to climb Kilimanjaro,'" says Rubin. "But it's important to look at ordinary life, the little things you can work in that don't take a lot of time or money."

We recently sat down with Rubin to get her thoughts on simple things workers can do to make their days a little brighter.

Having a friend at work makes a big difference. / STOCKBYTE

Have a work buddy

"When [researchers] talk to people who are happy at work, one of the most common things is that they have a friend at work," Rubin notes. It's always nice to have someone to bounce ideas off of and to take coffee breaks with.

Try to find a supportive boss

"Choose your boss carefully, if you can," advises Rubin. "Because having a boss you feel cares about your success is very important to happiness."

Take your lunch break

Getting some space is important. "When you walk outside and you have some distance, you're reminded that it's not the biggest deal in the world if this guy handed in his report a day late," Rubin points out.

Make sure you are comfortable

Literally. "Is your desk the right size?" she asks. "Are you hunching your shoulders so that you are getting a backache every night?" Making little adjustments to your posture and finding a comfortable office chair can make a big difference. "Make sure you are comfortable in your body, because if you are uncomfortable it wears you out," Rubin adds.

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lakshmi.gandhi@metro.us

Creating a plan

A new online tool

Rubin is a spokeswoman MS Blueprint, a new online tool for people with multiple sclerosis that helps them to create action plans to reach personal goals. "I really believe you can do these simple, manageable things in everyday life that change the quality of your life," says Rubin. "MS is an unpredictable disease, [but Blueprint allows users to say:] 'Let me think of what my life is really like and what I can do to make my life better.'"

Balance. Don't let co-workers take advantage of you, ladies

It's a problem most women frequently encounter at work: You're overwhelmed with projects but unable to say "no" and put your foot down.

"The disease to please is the No. 1 issue that women have," says Shelley Zalis, the CEO and founder of The Ipsos Girls' Lounge, a networking space for women.

"We never want to say what we want, and we sacrifice being honest," she adds.

Zalis offers these tips for women looking to change the way they approach work.

It's OK to speak up at work. WAVEBREAK MEDIA

Break the apology habit

"If we keep apologizing, we become just like everyone else," says Zalis. Part of the reason women tend to over-apologize, she says, is because of the inflexible nature of most workplaces. "We need to go from a culture of rigidity to a culture of caring," she notes.

Build up your confidence

"Know that you matter," Zalis advises. "We're not bossy, we are confident, and confidence is knowledge." Women in particular should take the time to learn from one another. "Use your powers to share," says Zalis. "By having a support network, you're energizing yourself."

Don't hold yourself back

A big part of building confidence, says Zalis, is learning how to be true to yourself. "What makes you special?" she asks. "Embrace it."

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Horoscope

Scorpio | Oct. 23-Nov. 21. Resist the urge to flare up in the heat of the moment. Jealousy will cause you to judge a situation in the wrong light.

Sagittarius | Nov. 22-Dec. 21. A demanding family member may not be aware of your situation. Express your feelings and re-evaluate your position.

Capricorn | Dec. 22-Jan. 20. You have several choices to make, but before you take a leap of faith, ensure that you have all the information needed to make a choice.

Aquarius | Jan. 21-Feb. 18. Don't let lethargy drag you down. Spark your enthusiasm by taking a trip or educational course, or beginning a creative project.

Pisces | Feb. 19-March 20. Look for people who share your interests. Find something that appeals to you and make a point to get involved.

Aries | March 21-April 20. Problems will surface if financial matters are not handled properly. Gather your household and allocate responsibilities.

Taurus | April 21-May 21. Give your morale a boost. A trip to a shopping area will help to break up the routine and reduce your stress level.

Gemini | May 22-June 20. If you spend extra time at work, make sure you clear it with someone who counts on your assistance.

Cancer | June 21-July 22. Keep your priorities in order. You have a creative project to work on, but make sure you take care of your primary responsibilities first to avoid interference once you start it.

Leo | July 23-Aug. 22. Make time for family. If you have been too caught up with your own needs, someone you love will feel left out.

Virgo | Aug. 23-Sept. 22. Rely on the help of friends to complete your to-do list. Accomplishment will make you realize the importance of your relationships.

Libra | Sept. 23-Oct. 22. You will discover some unsettling news. Don't judge before checking out the source to determine if what's being said is fact or fiction. EUGENIA LAST

Sudoku: Easy and hard

8							1	5
6	9		1		3			2
2			7			8		
			4	7				
	7		9		8		4	
				3	5			
		8			2			4
5			8		6		3	1
4	1							6

3	9				1			
		7	8	4		2		
		4	3	6		9		7
		1					6	
7								1
	5					3		
1		2		3	8	6		
		9		7	4	1		
			1				8	9

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Concern isn't hysteria

Re: 'Nothing to fear' (Metro, Oct. 31 to Nov. 2) Letter writer Michael Molder should have scratched a bit deeper — forced quarantine does have precedence going back to the 19th century, so yes, national health trumps the nurse's temporary discomfort. I should also note it's been suggested that someone can be contagious without displaying symptoms; also, about 13 percent of contagious people don't develop a fever, and despite earlier CDC announcements, air droplets from, say, a sneeze, can infect. Concern is warranted and it's not hysterics to suggest a temporary quarantine for those traveling from hot-zones.
SEAN ROOK, VIA EMAIL

Ebola isn't a top killer

Re: 'Nurse's happiness doesn't trump national health' (Metro, Oct. 30) Kaci Hickcox, like many selfless health care workers, put her own life on the line in order to help the victims of a massive tragedy halfway around the world, only to be rewarded by being treated like a cross between a barnyard animal and Typhoid Mary when she returned. I am amazed by the mindless cowardice on display across the media landscape, especially in the light of real threats to our safety. ROBERT TROMBETTA, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

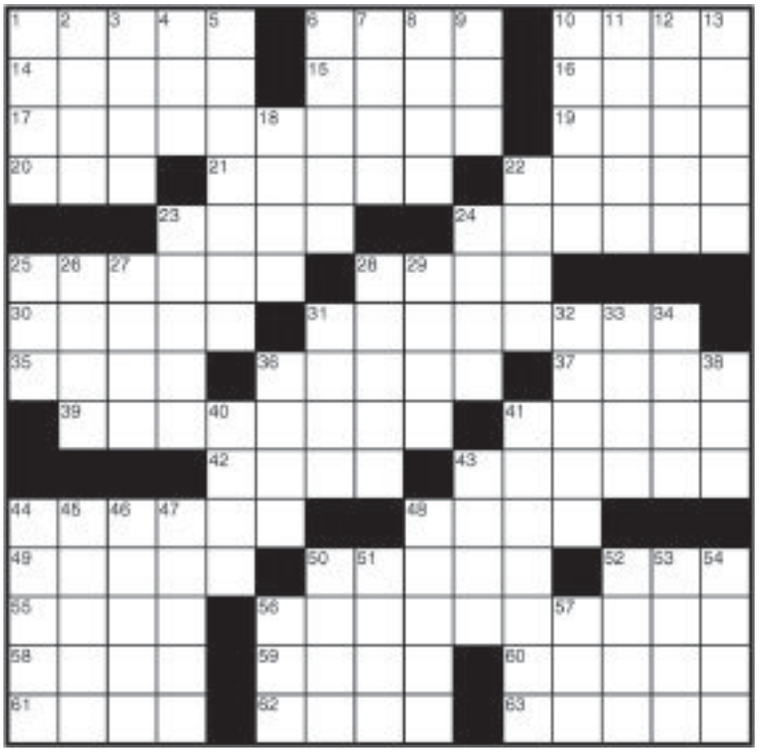
Crossword

Across

1 Hot — sundae
6 Painted tinware
10 Wooded hollow
14 Elite squad (hyph.)
15 Court order
16 Toledo's lake
17 Romantic lighting
19 — fide
20 Quaker pronoun
21 Dentist's order
22 Flashy dressers
23 Excited
24 High-priority
25 Weasel-like carnivore
28 "Holy cow!"
30 Jogs
31 Monthly payment for many
35 Apollo acronym
36 Myopic Mr.
37 Rockies ski resort
39 Interrupts (2 wds.)
41 Coon cat origin
42 Back muscles
43 Hit dead-center
44 Small pet
48 Ancient cosmetic
49 Detox, perhaps
50 Columbus' port
52 Flying mammal
55 Diva's melody
56 Vacations for control freaks? (2 wds.)
58 Shaft locale
59 Field of study
60 High-IQ group
61 Farmer's need
62 Collies do it
63 Snake

Down

1 Statistic
2 Jazz's home
3 Say no
4 Gallivant
5 Comes out
6 Guitar sound
7 Scepter go-withs
8 Onetime Trevi Fountain coins
9 Letter after zeta
10 Remove wiretaps
11 Carve a canyon
12 White-sale buy
13 Slightest
18 Zodiac beast
22 Remnant
23 Fragrant oil
24 Capable of (2 wds.)
25 Everest or K2
26 Desert dweller
27 Sub — (secretly)
28 Hindu ascetics
29 Spinach is rich in it
31 Clipper ship feature
32 Benefit
33 Actor Max –
34 One, in Berlin
36 Sit-down occasion
38 Was in charge
40 Smooth-talking
41 — Gandhi
43 Koh-i — diamond
44 Metric units
45 Strange
46 Lorelei's river
47 Made like sheep
48 Handle dough
50 Clinton's veep
51 Still-life subject
52 Tough spot
53 Nave neighbor
54 Bygone ruler
56 "Oom-Pah- —"
57 Wine category



Weekend's answer

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Vick era gets off to rocky start at Chiefs

NFL. Michael Vick was injured and the Jets dropped their eighth straight at Kansas City.

The Michael Vick era started off rough for the Jets. The veteran quarterback was knocked out for part of the game and the Jets were knocked around in a 24-10 loss at the Chiefs.

The Jets (1-8) gave up two touchdowns to the Chiefs in the first quarter as their offense was stuck in neutral. They rebounded for a touchdown and a field goal in the second quarter but Vick was knocked out of the game with the Jets down, 24-10, in the fourth quarter. Matt Simms, signed from the practice squad on Saturday, came into the game with Geno Smith inactive.

Simms was solid in his one series before Vick returned, but it was Vick who was the storyline. He had no turnovers en route to going 21-of-28 for 198 yards and a touchdown.

Metro looks at three things we learned in the loss.

Michael Vick had no turnovers, and moved the ball at times, but the Jets were still unable to get back into the win column at Kansas City. / GETTY IMAGES

Visit **Metro.us** to see why Jessie James Decker bailed on Twitter.

1 Offensive to offense
The offense was downright offensive to start the game, with some puzzling playcalls from offensive coordinator Marty Mornhinweg leading to serious struggles. The Jets registered their initial first down of the game with 2:22 left in the opening quarter, while the Chiefs already had 11 first downs. The offense took a long time to get started on Sunday, but it looked promising when it did. They had two scoring drives in the second quarter and moved the ball well for the rest of the game, even if points were hard to come by. They sustained drives and limited turnovers, even when Simms came into the game late.

2 Things can go right but still wrong
With the Chiefs on the goal line, linebacker Calvin Pace rose up and deflected an Alex Smith pass straight up in the air. For a split-second, it looked the Jets had a big play. Instead, Anthony Fasano, a Verona, New Jersey native and the Chiefs' starting tight end, was lying on the ground as the ball fell into his hands. He dove forward for a touchdown and a 14-0 lead for the Chiefs. Even when something goes right for the Jets, it ends up going horribly wrong. It was the season in a nutshell.

3 Harvin settles in
Percy Harvin's biggest contribution in his debut was on special teams. But he had nine catches for 109 yards and two kickoff returns for 88 yards against the Chiefs. It was nice to see the variety of ways the Jets can utilize Harvin, their one true downfield threat. His speed stretches the field and opens up plays underneath. It's something that can help the Jets as Vick gets more comfortable with his personnel.

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Around the NFL

While the Jets were busy losing, again, the rest of the AFC East was dominating, with big wins for the Patriots and Dolphins on Sunday.

- **Eagles 31, Texans 21** Old friend Mark Sanchez entered for an injured Nick Foles (broken collarbone) and led the Eagles to a victory over Houston. Sanchez finished with 202 passing yards and two touchdowns, but he did throw two interceptions as well.
- **Browns 22, Bucs 17** Brian Hoyer threw for 300 yards and helped the Browns earn their fifth win on the year and fourth in five games. The Bucs fall to 1-7.
- **Bengals 33, Jaguars 23** Jeremy Hill ran for a career best 154 yards and two touchdowns as the Bengals combated a solid game for Jaguars quarterback Black Bortles.
- **Dolphins 37, Chargers 0** Miami dominated on all fronts, with the defense causing four turnovers and Ryan Tannehill throwing for 288 yards and three touchdowns in an impressive shutout win.
- **Patriots 43, Broncos 21** Tom Brady moved to 11-5 all-time against Peyton Manning and the Patriots improved to 7-2 thanks to an impressive 43-21 win over the Broncos Sunday. Brady threw for four touchdowns and 333 yards.
- **Rams 13, 49ers 10** Perhaps the Rams aren't as bad as we thought. St. Louis pulled off yet another upset (they beat Seattle a few weeks ago) thanks in part to one of Colin Kaepernick's all-time worst performances.
- **Seahawks 30, Raiders 24** Marshawn Lynch stepped up with two touchdown runs on a subpar passing night for Russell Wilson in a much-needed win for Seattle. The Seahawks defense also caused three turnovers in the win.
- **Cardinals 28, Cowboys 17** Tony Romo sat out as the Cardinals improved to an NFL-best 7-1 behind 249 passing yards and three touchdowns from Carson Palmer.

Rob Gronkowski finished with nine catches for 105 yards and a touchdown in the Pats' easy win. / GETTY IMAGES

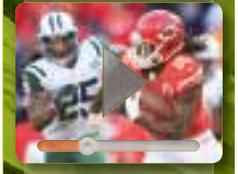
3 SPORTS

MLS playoffs

Red Bulls cruise to victory

The Red Bulls got their two-game series off to a good start with a 2-0 home win over the favored D.C. United on Sunday afternoon. If this is indeed Thierry Henry's last hurrah as a player, he's going out in style. The veteran had assists on both goals, scored by Bradley Wright-Phillips in the 40th minute and Peguy Luyindula in the 73rd minute. The Red Bulls play the second leg in Washington, D.C., on Nov. 8 as they look to advance.

Watch online



Find video and recap of yesterday's Jets-Chiefs game at: **Metro.us/sports.**

Storylines to watch as Giants meet the Colts

NFL. The Giants return from the bye to play the Colts for the first time with Andrew Luck.

The Giants host the AFC South-leading Colts tonight in hope of ending their two-game skid.

The Colts are coming off one of the most embarrassing efforts in the franchise's history when they allowed Ben Roethlisberger to pass for 522 yards in a 51-34 loss to the Steelers.

Metro takes a look at three storylines to watch (8:15 p.m., ESPN).

TONY WILLIAMS
@TBone8
sports@metro.us

LUCK ENTERED THIS WEEK AS THE NFL LEADER IN PASSING YARDS.
ALL PHOTOS GETTY IMAGES

1 Luck is on their side

Andrew Luck didn't play his sharpest game last week (26-of-45 with two interceptions and sacked twice), as his team was thumped in Pittsburgh.

But he still managed to throw for 400 yards and three touchdowns. Luck is already a premier quarterback and an MVP candidate in only his third season in the NFL.

The Giants' banged-up secondary, including a questionable Dominique Rodgers-Cromartie, could be in trouble.

2 Targeting weakness

Luck's counterpart, Eli Manning, is hoping to have even half the success Roethlisberger had last week when he went 40-of-49 with six touchdowns.

Manning is coming off his bye and undoubtedly scoured the game film of the Colts' beleaguered secondary. It'll be interesting to see how a Victor Cruz-less receiving corps can take advantage of Indianapolis' aggressive secondary, which has shown they can be susceptible to double moves and play action. Rookie Odell Beckham Jr. will be the name to watch if he can shake free of the Colts' cornerbacks. Rueben Randle will likely see man-to-man coverage with Vontae Davis.

DESPITE THE TEAM'S STRUGGLES, MANNING IS HAVING HIS BEST STATISTICAL SEASON EVER.

ANDRE WILLIAMS HAS TWO TOUCHDOWNS.

3 Time to step up, rookie

The Giants' running game will be key in setting up the play-action passing game. Whether rookie Andre Williams can hold up his end remains to be seen.

Williams should get plenty of touches coming off an ineffective game in Dallas (18 carries for 51 yards) with starter Rashad Jennings (MCL sprain) ruled out for the game.

Journeyman Peyton Hillis will give Williams the occasional breather, but the bulk of the load will fall on the shoulders of the former Boston College workhorse.

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Captain down

MCDONAGH IS SECOND IN MINUTES ON NEW YORK.
GETTY IMAGES

McDonagh out a month with shoulder separation

The Rangers will be without their captain for about a month.

Defenseman Ryan McDonagh suffered a separated shoulder in Saturday night's shootout loss to Winnipeg. He underwent an MRI on Sunday.

"Mac, it looks like it will be three to four weeks range," head coach Alain Vigneault said. "That is what we are predicting, but you can't always be precise with that."

The team also lost defenseman Kevin Klein to a foot injury. He won't play in tonight's game against St. Louis. **METRO**

NBA. Lopez ready to play for Nets in home opener against OKC

Nets fans will get the gift of Brook Lopez in their home opener tonight.

The center, who missed the first two games of the season with a mid-foot sprain, is probable for the team's home debut against the Thunder (7:30 p.m., YES). Lopez, who had foot surgery last season and missed all of 2013-14, has not played in a game since the Game 7 loss to the Bulls on April 20, 2013 in the first round of the playoffs.

"I don't think [I am] nervous, but anxious. Anxious is a good word," Lopez told reporters at practice Sunday. "I'm excited to play tomorrow. I wish it was right now."

Lopez warmed up before the Nets' win over Detroit on Saturday, but was never expected to play. He was injured in the team's exhibition game in China against Sacramento on Oct. 15.

Originally the Nets gave a 10- to 14-day timetable for a return, targeting the season opener, but Brooklyn is likely just glad the injury won't linger long term. **METRO**

LOPEZ WAS AN ALL-STAR THE LAST TIME HE PLAYED A FULL SEASON IN THE NBA.
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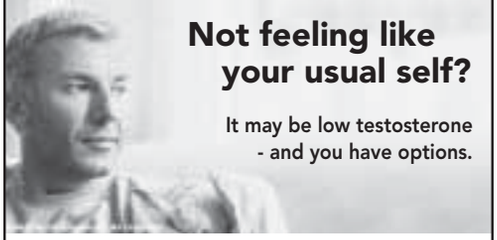

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PI: Julia Golier, MD; VA# GOL-11-056
VA Approved through 4/2/2015

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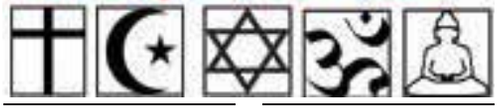

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NOTICE OF FORMATION of Little Kobi Bear, LLC. Articles of Organization filed with Secy of State of NY (SSNY) on October 8, 2014. Office in New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 300 E. 75th Street, Suite 3F. NY, NY 10021
Purpose: any lawful activity.

NOTICE OF FORMATION of DEALSWECAN LLC Articles of Organization filed with Secy. of State of New York (SSNY) on 08/28/2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 603 West 115th Street, Suite 175, New York, NY 10025. Purpose: Any lawful activity.

NOTICE OF FORMATION of 173 Management LLC Articles of Organization filed with Secretary of State of NY (SSNY) on September 15, 2014. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: C/O The LLC, 173 72nd Street Brooklyn NY 11209 which is also the principal business location.
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NOTICE IS HEREBY GIVEN that a license, Number 1281898 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail a Restaurant under the Alcoholic Beverage Control Law at 271 Kingston Ave., Brooklyn, NY for on-premises consumption. Boeuf & Bun Corp.

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